

Phyto Nutrient Workshop Handout

A Presentation On: “The How’s and What’s of the Plant Rich Diet” Phyto-Nutrients for Health & Healing

Key Points:

1. *There is so much more to food than calories!*
2. *Tune into the colors of foods and let your eyes be tantalized. A variety of colors in the diet signifies that you are eating rich, whole and complex foods.*
3. *Practice Meditative Eating:*

The way to get the most out of the food we eat is to be fully present when we are in it's presence and participators in the process of transformation of energy with each bite. This might even be more important than the food itself. Our thoughts and beliefs about the experience of eating are infused into the foods and beverages we consume. This consciousness starts at the moment we grow and or chose our produce or other foods in our garden, at the market or restaurant. It involves appreciating each step in the process of getting to you plate. The seeds and or the living creature (animal or fish for giving up their energy), the soil or the oceans, the farmers or fishermen, the transportation to the marketplace or restaurant, the cook (maybe you?), and even as far as your digestion and assimilation producing energy for your cells and tissues. If we eat quickly, without mindfulness, we may not properly integrate the food messages into our body and soul. We may even desire more to satisfy our need to connect with the experience.

Eating begins when we engage in selecting foods and even as far as in the field when we planted seeds in the soil. When we prepare food ourselves, we gift our olfactory sense with wonderful aromas, and even signal our gastric juices and specific gut peptides responsible for satiety to begin flowing.

What DRAWS you in the market or at the Farmer's Market?

When you eat foods, take in and savor the array of colors to nourish your aesthetic eye. Each color represents an important physiological function that your body is receiving in the eating exchange.

4. **ANDI SCORE** - ANDI stands for "Aggregate Nutrient Density Index," a scoring system that rates foods on a scale from 1 to 1000 based on nutrient content. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals, phytochemicals and antioxidant capacities.

- Dr. Terry Wahls - Dr. Wahl reversed her progressive MS focusing on a plant based paleo approach. *Read more here:* <http://terrywahls.com/about-the-wahls-protocol/>

5. **Phytonutrients** are compounds in plants that provide them with their sensory characteristics such as their color, flavor and smell. They protect plants from damaging free radical attack from excess ultra-violet radiation and predate pests. There are at least 5,000 of these and more are being discovered every year.

6. Common Phyto-Nutrient Families and Some of their Benefits:

Anthocyanins- Purples and blues from grapes, blue and blackberries. PROTECTS BRAIN AND HELPS PRESERVE MEMORY FUNCTION, BENEFICIAL FOR INFLAMMATION, ANTI-CANCER.

Chlorophyll - Spirulina, wheatgrass, chlorella and green vegetables. RE-CHARGES OTHER ANTI-OXIDANTS, STRENGTHENS IMMUNITY, BLOOD PURIFIER, COOLING, DETOXIFYING AND ANTI-INFLAMMATORY.

Lycopene- Beets, tomatoes and tomato products, cranberries, pomegranates. PREVENTION AND TREATMENT OF CANCER AND CARDIOVASCULAR DISEASE. ESPECIALLY PREVENTATIVE AGAINST PROSTATE CANCER.

Carotenoids - Carrots, squash, yams, orange bell peppers, oranges, salmon. ASSOCIATED WITH REDUCED RISK OF CARDIOVASCULAR DISEASE, SOME CANCERS, HEALTHY IMMUNE SYSTEM, AS WELL AS HEALTHY VISION, SKIN AND BONE.

Indoles - Cruciferous vegetables like Brussels sprouts, broccoli, cabbage and turnips. CAN HELP AND TREAT PROSTATE, BREAST AND COLON CANCER, KNOWN TO ASSIST WITH HEART HEALTH.

Lutein - Kale, spinach, collards, turnip greens and eggs. GUARDS BODY AGAINST FREE RADICALS, UNSTABLE MOLECULES THAT CAN DESTROY CELLS AND CAUSE DISEASE. MAY IMPROVE VISUAL ACUITY AND SLOW CATARACT PROGRESSION.

Sulfur - Broccoli, mustard greens, cabbage, garlic, onions. SUPPORT OUR ABILITY TO DETOXYFY, GREAT FOR CONNECTIVE TISSUE.

Catechins - Greed tea, red wine, cocoa. CARDIO-PROTECTIVE, NEURO-PROTECTIVE, ANTI-OBESITY, ANTI-CARCINOGENIC, ANTI-DIABETIC, LIVER PROTECTIVE AND HELPFUL FOR BLOOD VESSEL HEALTH.

“So you Know’s” and Cooking Tips for Colorful Eating:

1. Carotenoids and lycopene are best absorbed with fat in a meal. Chopping, puréeing, and cooking carotenoid and lycopene-containing vegetables in oil generally increases the bioavailability of the carotenoids they contain.
2. Several epidemiological studies found that men with high intakes of lycopene from tomatoes and tomato products were less likely to develop prostate cancer than men with low intakes, but it is not known whether lycopene supplements will decrease the incidence or severity of prostate cancer.
3. Steamed or roasted broccoli, cauliflower, and kale make a delicious addition to marinara (tomato) sauce. Or for a tomato-free pasta meal, toss pasta with olive oil, pine nuts and healthy sautéed broccoli florets.
3. Purée cooked broccoli and cauliflower, then combine with seasonings of your choice to make a simple, yet delicious, soup. As an even tastier option roast a head of garlic and add that to the mix!
4. These vegetables can also be enjoyed raw and dipped in *Bagna Cauda Dip*. (see on-line portal) When you prepare a vegetable tray, be sure to include broccoli, cauliflower, carrots, tomatoes and even cabbage or radicchio sections. Color is KING!
5. Cabbage leaves are a great way to recycle leftovers. Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.